

### IN THE CLAIMS

Please amend the claims as indicated by the amended claim set below.

1-2. (Cancelled)

3. (Currently Amended) A method of heating of a target surrounded by surrounding tissue, comprising:

(a) heating at least the surrounding tissue to a first temperature above normal body temperature; and

(b) selectively heating the target to a second temperature higher than the first temperature.

wherein the target and the surrounding tissue are heated before the selective heating of the target to a higher temperature; and

wherein the target is hair and the second temperature is sufficient to remove the hair.

4. (Cancelled)

5. (Currently Amended) A method of heating of a target surrounded by surrounding tissue, comprising:

(a) first heating at least the surrounding tissue to a first temperature above normal body temperature; and

(b) then selectively heating the target to a second temperature higher than the first temperature,

wherein the target is heated to a temperature of over 70° C; and

wherein the target is hair and the second temperature is sufficient to remove the hair.

6. (Previously Presented) A method according to claim 5 wherein the target is heated to a temperature below 80° C.

7. (Currently Amended) A method of heating of a target surrounded by surrounding tissue, comprising:

(a) first heating at least the surrounding tissue to a first temperature above normal body temperature; and

(b) then selectively heating the target to a second temperature higher than the first temperature,

wherein the heating of the surrounding tissue is to a temperature between about 55° C and 65° C.

wherein the target is hair and the second temperature is sufficient to remove the hair

8-29. (Cancelled)

30. (Currently Amended) A method according to any of claims 3, ~~10-14~~, 7, 23, 24-or 41 wherein the target is heated to a temperature of over 70° C.

31. (Previously Presented) A method according to claim 30 wherein the target is heated to a temperature below 80° C.

32. (Currently Amended) A method according to any of claims 3, 5, 6, ~~10-14~~, 23, 24-or 41 wherein the heating of the surrounding tissue is to a temperature between about 55° C and 65° C.

33. (Currently Amended) A method according to any of claims 3, 5-7, ~~14~~, 23, 24-or 41 wherein applying heat at least to the surrounding tissue is by using pulsed electromagnetic energy.

34. (Currently Amended) A method according to any of claims 3, 5-7, ~~10~~, 23, 24-or 41 wherein the selective applying of heat is provided by electromagnetic radiation.

35. (Previously Presented) A method according to claim 34 wherein the electromagnetic radiation is generated by a filtered broadband electromagnetic source.

36. (Previously Presented) A method according to claim 35 wherein the source is a flash lamp.

37. (Currently Amended) A method according to any of claims 3, 5-7, ~~10, 14, 23, 24~~ or 41 wherein the applying of heat to at least the surrounding tissue comprises applying heat to the target tissue.

38. (Currently Amended) A method according to any of claims 3, 5-7, 10, 14, 23, ~~24~~ or 41 wherein when applying heat to the surrounding tissue, the target and surrounding tissues are heated by the applying of heat by substantially the same amount to both target and surrounding tissue.

39.- 40. (Cancelled)

41. (Previously presented) A method according to claim 3 wherein the second temperature is substantially higher than the first temperature.

42. (Currently Amended) A method according to any of claims 5-7, 10, 14 or 23 ~~or 24~~ wherein the second temperature is substantially higher than the first temperature.